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## Don't sit still for arthritis pain.

Arthritis hurts. Physical activity can help. Studies show that 30 minutes of moderate physical activity three or more days a week can help you move more easily. You can break it up, too. Start with a walk. Later, rake leaves or wash the car. Keep it up, and in four to six weeks you could be hurting less and enjoying life more.

**Physical Activity. The Arthritis Pain Reliever.**

**Call 1-800-283-7800 to learn more.**

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION  
THE ARTHRITIS FOUNDATION  
THE DEPARTMENT OF HEALTH & HUMAN SERVICES

